



**SAN ANTONIO
REGIONAL HOSPITAL**



HEALTHY HEART CLASSES 2025

JULY 16, 2025 (Wednesday) 4:30 p.m.-6:00 p.m.

Q&A: ALL THINGS HEART AND HEALTH

SARA FLOYD, RN, BSN.

AUGUST 20, 2025 (Wednesday) 4:30 p.m.-6:00 p.m.

CONGESTIVE HEART FAILURE

BRITTANY ALBAUGH, RN, CHFN,CCRN.

SEPTEMBER 17, 2025 (Wednesday) 4:30 p.m.-6:00 p.m.

AORTIC STENOSIS

SUNNY RENTERIA, RN, BSN.

OCTOBER 15, 2025 (Wednesday) 4:30 p.m.-6:00 p.m.

EXERCISE YOUR HEART

VALERIE FLOYD, RN, BSN.

NOVEMBER 13, 2025 (Thursday) 4:30 p.m.-6:00 p.m.

MINDFUL EATING FOR A HEALTHY HEART

ALYSSA ROCHA, RDN.



**SCHUE Family Conference Room
(2nd Floor) 1100 San Bernardino Rd.
Upland, CA 91786**



(909) 920-6225



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